



Kulka Cunto - karinta

Cunnooyinka oo aan lagu karin kulka ku-habboon waxay sababi karaan cudurada cuntooyinka ka dhasah!

Xadka ugu hoseeya kulka cunto - karinta ee ammaanka ah

Hilibka digaagga - 165°F



Hilibka la ridqay ee lo'da iyo hilibka doofaarka - 155°F



Ukunta Qubka leh
Kalluunka iyo Xayawaan
Badeedka Qolofta leh
Hilib lo'aad
Hilib doofaar
Hilib Nayl

145°F



Khudaarta iyo Cunnooyinka hore u karsanaa - 140°F



Marka la kariyo kaddib, waa in cuntada lagu sii hayo kul dhan 135°F



Dhammaan cunnooyinka muddo laba sacadood gudahood dib ugu kulule kul dhan 165°F

Si aad kulka u hubisid isticmaal heer-kul beegaha umiga ee birta.

Si aad u heshid xog dheeraad ah oo ku-saabsan Golaha Caafimaadka ee Dagaanka Franklin ama Qaybta Ilaalinta Cuntada: Faddlan wac (614)462-3160 ama khadka www.franklincountyohio.gov/health



Cunnooyinka u Qabooji Habka Saxda ah!

*Ka ilaali jeermisyada si ayna cuntadaada ugu dul tarmin
Isticmaal hababka habboon ee cunto-qaboojinta*

Biraha wax lagu dubto oo
Gun Gaaban
(aan ka gun dheerayn 2")



Qubayska Barafka



Dabaysha
Qaboojinta (Balfinta)



Usha Barafka



*Dhammaan cunnooyinka muddo 2 saacadood gudahood ah u qaabooji 135°F illaa 70°F
ama in 4 saacadood oo kale gudahood ah u qabooji in ka-yar oo ah 70°F illaa 41°F!*

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3 Waasko oo Maacuunta Lagu Maydho!

Dhaqid, Biyo-raacin, Nadiifin



Maydh (Saabuun + Biyo 120°F)
Biyo-raacin (Biyo diiran oo nadiif ah)
Nadiifi (Biyo 75°F illaa 120°F+Nadiifiye)

***Si aad jeermisyada u laysid, ku nadiifi caddadka
saxda ah ee nadiifiyaha!***

***Kilooriin malyuunkiiba 50 qaybood ah (ppm) oo 10 ilibidhiqsi ah
Malyuunkiiba 50-200 oo qaybood oo kuwaatrinari Amooniya ah
Isticmaal falliiqyada tijaabinta si aad u hubisid caddadka nadiifiyaha***

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In aan Lagu Taaban Gacmo Qaawan

*Gacmo qaawan ha ku taaban cunnooyinka
cunidda diyaarka u ah!*



***Gacmuuh
Waxay
Baahiyaaan
Jeermisyada!***



Isticmaal:
Gaca -gashi
Bir - qabato
Warqada Jilicsan ee
Cuntada
Maacuun Kale

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